# Do you need help? Maybe a volunteer is your answer!

If you are over 60 or disabled and need assistance, you may be eligible for FREE services provided by a screened and trained volunteer.

## **Grocery Shopping**

Has weekly shopping become a difficult task? We have volunteers who will shop for you.

### **Medical Transportation**

Do you need help getting to medical appointments? We have volunteers who may be able to take you.

### **Friendly Visitor**

Could you benefit from a friendly person coming to talk, play cards, knit or help you with mail? We have volunteers to do that!

#### **Telephone Reassurance**

Are you feeling isolated and alone? A regular phone call from a friendly voice might provide the reassurance you need and we have volunteers who do that.

We welcome your call to (860) 561-7567 for more information.

All inquiries are confidential.

Our goal is to provide support and help you maintain your independence.